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Winnipeg metro



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Your essential daily news | WEDNESDAY, MAY 25, 2016

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Humphrey the polar bear at Assiniboine Park Zoo.
HANDOUT



ALL THAT
glitters

Researchers add a bright idea to polar bear scat
metroNEWS

Charged up on transit

CITY COMMITTEE

Bus riders not amped about idea for cellphone charging at stops


Shane Gibson
For Metro

Dead cellphones could be a thing of the past for Winnipeg Transit riders if councillors get charged up about an idea floated at city hall Tuesday.

The innovation committee is looking at the possibility of starting a pilot project that would see phone chargers installed at one or more of the city's busiest bus stops.

"Running out of a charge on your phone is a big issue for a lot of people," said committee chair Coun. Jeff Browat (North Kildonan), "so being able to get a little juice to check when your next schedule's coming ... it's a good thing to have."

Transit director Dave Wardrop

spoke to committee members Tuesday about the idea and said early research has brought up concerns including how to make sure riders' data is kept safe while their phones are charging and whether or not riders are waiting at stops long enough to make the chargers necessary in the first place.

Transit rider Rawb Schmidt agreed with Wardrop, saying he'd rather see chargers installed on buses because he spends more time sitting on the bus than he does at the stop. He'd rather see money spent adding Wi-Fi to bus shelters instead.

Ana Costa agreed she'd prefer to be able to use Wi-Fi at bus shelters, but added she'd take advantage of the charger too, if she needed it.

"If I was desperate I'd use it," she said. "But I think Wi-Fi would be more useful."

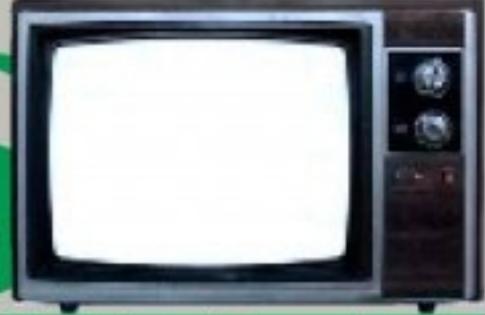
Committee members asked officials from Winnipeg Transit to look into how other jurisdictions have rolled out the idea and report back at the next meeting on whether it's viable.

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**SEE PAGE 7
TO FIND OUT
WHY THE
COMPETITION IS
OUTRAGED!**



City is looking to citizens in illegal dumping fight

COUNCIL

Property owners being asked to install cameras

 **Shane Gibson**
For Metro | Winnipeg

The City of Winnipeg wants your help in the battle against illegal dumpers.

Just a few weeks after starting a pilot project that has seen several cameras installed on city owned property in areas determined to be hot spots for illegal dumping, officials now want permission to have the devices installed on private property too.

"It's to effectively increase our agility and our flexibility," explained Winston Yee, manager of community bylaw enforcement services. "This is a pilot so we're adjusting our camera angles to ensure that we have the best angles to capture either individuals or license plate numbers and sometimes those scenarios require attaching to different locations."

Yee said the culprits they're after illegally dump everything from big-ticket trash like furniture, mattresses and couches to smaller things like bags of garbage in back lanes and in-



Manager of community bylaw enforcement services Winston Yee speaks to reporters after the Innovation Committee voted to ask private property owners to put up cameras. SHANE GIBSON/FOR METRO

dustrial areas across the city.

On top of being a risk for firebugs and generally looking terrible, Yee said the city also wants to curb illegal dumping because they've noticed once it starts, it quickly multiplies.

"Once you have some illegal dumping occur, it attracts more," he said. "It tends to start taking over."

Yee went in front of the city's Innovation Committee Tuesday with the idea, who

quickly OK'd the request, but the plan still needs the nod from council as a whole.

Innovation Committee chair Coun. Jeff Browaty (North Kildonan) said many of the private property owners the

 FINES

Cost of illegal dumping

Individuals caught dumping their trash illegally can face fines between \$600 and \$2,000 depending on what and how much they dump, while corporate dumpers face fines between \$1,200 and \$4,000.

SOURCE: CITY OF WINNIPEG

city will approach about installing a camera will likely be business owners or utilities like Manitoba Hydro, and he doesn't think the city will have any trouble getting them on board.

"If you're a private business and you have a problem with illegal dumping in your vicinity or a private home owner, you're going to desperately want this type of thing," said Browaty. "It's about protecting the city's common public space."

Yee said the city won't pay to put up the cameras — which are solar-powered and motion-activated — and the city won't be able to force a landowner to install the devices if they don't want to.

The department will report back to councillors about how well the cameras worked after the two-year pilot is over.

COUNCILLORS

Moving day at city hall

City councillors are getting the old heave-ho from Winnipeg City Hall.

Councillors will pack their things Wednesday and move to new temporary offices in the city's Administration Building at 510 Main Street while the Council Building undergoes redevelopment work.

The work on the building is needed — and long overdue, according to a release from the city — to bring it up to current safety system and code requirements.

The mayor and his staff will also be moving to new homes in the Administration Building in mid-July.

Work on the Council Building started last summer and is expected to take another year at a total cost of \$4.1 million.

METRO STAFF

 IN BRIEF

Graduate remembered

The administration building flag at the University of Manitoba flew at half-staff Tuesday to recognize the loss of Brunkild, Manitoba, resident Rylan Laudin, a recent graduate. Laudin was the class valedictorian when he received his Diploma in Agriculture on May 6, a day before he was involved in a vehicular accident. He was 23 years old. BRAEDEN JONES/ METRO

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CRIME

Vehicle stolen with 2 dogs still inside

Braeden Jones
Metro | Winnipeg

Two small dogs were along for the ride during a car-jacking Monday evening.

Around 6 p.m., police responded to a report of a vehicle theft that had just occurred on Furby Street.

A woman in her 30s left her vehicle running unattended behind her home for what the police service says they consider a "very brief" period of time.

When she got back to her vehicle, a man was in the driver's seat, attempting to flee with her car and its contents — including two small dogs.

The woman tried to stop the thief and was physically

dragged a short distance before the man drove off.

Winnipeg Police Service general patrol officers searched the area and were able to find the stolen vehicle a few blocks away, returning both it and the canine companions to their owner.

The dogs were unharmed, but the vehicle was damaged in the event and the woman suffered some non-life-threatening injuries.

Police Const. Rob Carver said that, in this case, the victim was "lucky it all worked out" but cautioned against leaving vehicles running or unlocked with the keys inside.

"There's no simpler thing you can do to make sure your vehicle isn't stolen than to make sure not to leave the keys in it," he said.

There's no simpler thing you can do to make sure your vehicle isn't stolen than to make sure not to leave the keys in it. Const. Rob Carver

ASSINIBOINE ZOO

Dino exhibit leads to record weekend

Maybe it should be renamed Jurassic Park Zoo.

The Assiniboine Park Zoo was the place to be this past weekend, as the new Dinosaurs Alive! exhibit saw the highest number of people come through the doors over a long weekend — ever.

More than 15,500 people came to check out the animatronic dinos from the exhibit's launch on Saturday through Monday evening.

"We knew that Dinosaurs Alive would be a family favour-

ite, and this weekend's attendance confirms how excited the community was to see the exhibit," said Trevor Clearwater, senior director of business development and sales, in a press release.

"We were also delighted to see how many visitors purchased membership after their experience at Dinosaurs Alive, showing that they are excited to come back again."

More information can be found at assiniboineparkzoo.ca.
METRO

Raptors keep sports fans in their bar seats

TEAMS

With no home teams in NHL playoffs, more turning to NBA

Elisha Dacey
Metro | Winnipeg

The lack of a Canadian hockey team in the playoffs might have meant fewer fans in Winnipeg bars — but the Toronto Raptors may be a saving grace for local watering holes.

A small study from Field Agent Canada shows that 47 per cent of self-identified Canadian hockey fans say they are watching less playoff hockey this year than last.

In addition, they've spent about \$80 on food and beverages to watch the playoffs — about 23 per cent less than last year at this time. The same survey said, however, that instead of the NHL playoffs, fans are watching the NBA playoffs instead.

As the Toronto Raptors jaw their way through the Conference finals for the first time ever, 56 per cent of respondents said they have been watching the NBA playoffs more, versus 37 per cent who have watched the NHL playoffs more.

Andrew Shefchuk, director of marketing for Boston Pizza, said the interest in the Toronto Raptors at his sports bars are at an all-time high — and it's not just the Raptors.

"It has been a pleasant surprise," he said. "The halo effect of last year's run by the Toronto Blue Jays — so there's greater interest in the Blue Jays than there ever has been, and that's been great because they play almost every day."



The lack of Canadian hockey teams in the NHL playoffs hasn't crippled profits for local bars, thanks to the Toronto Raptors. EISHA DACEY/METRO

"And then the Toronto Raptors, I mean the fact they've tied the Cleveland Cavaliers is phenomenal."

Winnipeg Jets fans kept their eye on prospects for next year, said Shefchuk.

"We were aware that we were going up against (not having Canadian NHL) teams in the playoffs, but we've found that people just like to go out. It may change their pattern, but if the weather's nice and the patio's nice and there's lots going on on TV, people are going to go out."

If the weather's nice and the patio's nice and there's lots going on on TV, people are going to go out.

Andrew Shefchuk

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White bears poo in colour

ASSINIBOINE PARK ZOO

Glitter used to distinguish polar bears' scat for study



Elisha Dacey
Metro | Winnipeg

It brings new meaning to the term 'chasing rainbows.'

Researchers at Assiniboine Zoo confirmed on Tuesday that they study the scat of their resident polar bears — and to tell one pile of poop from another, eight of the nine bears are fed a different colour of glitter.

"We have some questions about how polar bears are adjusting when they come from Churchill or Northern Manitoba," said Stephen Petersen, head of conservation and research at Assiniboine Park Zoo, where the International Polar Bear Conservation Centre is located.

The researchers are testing the level of cortisol — a stress hormone — in each bear to make sure the bears are adjusting well, said Petersen. If a bear is stressed out, say, from being in the public eye, handlers will make sure the bear gets a break.

In order to tell whose waste is whose, that's where the glitter comes in, said Petersen.

"So our bears will get a meatball with a little glitter in it,



A polar bear swims at Journey to Churchill at Assiniboine Park Zoo. METRO FILE

and each bear is assigned a different colour," said Petersen. Samples are collected by the zookeepers to be tested for local and international study, including researchers from

the Toronto Zoo, Guelph University and an American research group.

The bears are fed the glitter from the time they're cubs until they reach sexual maturity, about 6-8 years for the males and 4-5 years for the females.

And don't worry, the glitter is perfectly harmless.

"We use kids' craft glitter, so safe for children to eat, and safe for polar bears," said Petersen.

Petersen said while it's funny to be talking about glittery poop, it is a reminder that the bears are being studied, not just housed, in the hopes of helping both captive and wild bear populations.



We use kids' craft glitter, so safe for children to eat, and safe for polar bears. Stephen Petersen

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FASHION

Band goes beyond the music

Nigel Moore
For Metro | Winnipeg

In the evolution of the music industry, we've reached this point: the music is no longer enough.

So said Matthew Vlahovich, lead singer of Toronto-based electro-pop band Young Empires. He, along with bassist Jake Palahnuk and drummer Taylor Hill will make their final stop of a cross-country tour here on Wednesday, at the Park Theatre.

The band released their debut album The Gates last September. But these days you have to diversify your footprint, said Vlahovich. "It's about getting beyond that world of music," he said.

Young Empires launched a clothing line; a small collection of T-shirts and sweatshirts started around 2009 with New York-based Handsome Clothing and sold at their shows and online.

"We were tired of the traditional band shirts that just have the name of the band on them. We wanted to do something a little bit different," explained Vlahovich. "Ours are something that you wouldn't necessarily know was a band shirt, and that anyone could wear and be fashionable."

The point of mixing fashion and music is to get into different spheres of influence, he said. "You build a more diverse community of like-minded but different-skilled artists. That can be the source of inspiration."

"Even someone like a chef," said Vlahovich. "If you sit down with a chef and try to understand how they go about executing that masterpiece, there are similarities and that informs something in the way that we write music."

Tickets are \$10 at Ticketfly.com, Music Trader and the Park Theatre.

City calls on S.W.A.T. agents to battle blood-sucking bugs

MOSQUITO AWARENESS

Campaign asks residents to eliminate standing water

 **Elisha Dacey**
Metro | Winnipeg

It's a public awareness campaign designed to get you to S.W.A.T. before you have to swat.

The City of Winnipeg has launched a campaign — the first one in about 13 years — designed to remind Winnipeggers to remove standing water from their

properties to prevent mosquitoes from hatching.

Called the Agents of S.W.A.T (The Standing Water Action Team), the campaign urges Winnipeggers to become an "agent, dedicated to the removal of standing water that accumulates on private property."

The city's bug boss, Ken Nawolsky, took media on a tour of Louise Bohm's backyard at her home on Plessis Road. Despite a bird fountain and moving water pond on her well-planted property, she said she has little problems with mosquitoes.

"I just make sure that I have no standing water in anything," she said. "I have all my pots that I don't use turned upside down.



Ken Nawolsky, city superintendent of insect control, stands in front of one of the initiative's banners. EISHA DACEY/METRO

I have rain barrels, that have netting on them, no mosquitoes can get in there for larva, for hatching mosquitoes.

"It makes a big difference.

I keep the grass short ... there's no high grass for mosquitoes to hatch in.

"I wash this out every other day," she added, pointing to

her birdbath. A birdbath can hatch 1,000 mosquitoes every life cycle, said Kawolsky.

Kawolsky said the city hasn't run an awareness campaign since 2002 and people are forgetting about removing standing water. "Standing water is an ideal environment for the development of Winnipeg's mosquito larva."

"Fifty per cent of Winnipeg's mosquito population comes from standing water on private properties."

The awareness campaign, which features Winnipeggers in S.W.A.T. jackets and contains information about how to eliminate standing water — will cost the city \$35,000.



HUMAN RIGHTS SONG FOR RECONCILIATION

Guitarist Michelle Chubb and a group of six other high school music students from Norway House performed their original song The Voices I Gained, written about the legacy left by Indian Residential Schools, at the Canadian Museum for Human Rights Tuesday.

The students are one of five Canadian Indigenous youth groups chosen to create a professional recording and video for the National Arts Centre's Rita Joe Song Project.

SHANE GIBSON/FOR METRO

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The tour will go on

MUSIC

Tragically Hip frontman Gord Downie battling cancer



Gord Downie has been diagnosed with terminal brain cancer. THE CANADIAN PRESS FILE

Tragically Hip frontman and lead singer Gord Downie will be well enough to go on tour despite a diagnosis of terminal brain cancer, one of his doctors told a news conference Tuesday.

Downie, 52, was diagnosed with glioblastoma, an invasive brain tumour, in his front left temporal lobe in December after he suffered a seizure while walking around his hometown of Kingston, neuro-oncologist Dr. James Perry said.

"Fortunately for Gord, he has a type of glioblastoma that is more amenable to treatment than most ... with a more favourable response to treatment," Perry told the news conference at Sunnybrook Health Sciences Centre.

While he said Downie could

have "a significantly higher chance of longer-term survival," Perry repeatedly declined to give a timeline for the cancer's progress.

"He is doing very well," Perry said. When fans go to the show this summer, he said, "they will see a survivor continuing with his craft."

The Hip's manager Patrick Sambrook told the news conference that Downie wouldn't be going on tour unless he could "blow people's minds."

TORSTAR NEWS SERVICE



Prime Minister Justin Trudeau, speaks with Japanese Emperor Akihito as Sophie Grégoire Trudeau, speaks with Empress Michiko. THE CANADIAN PRESS



The Trudeau were greeted by an honour guard when they arrived on Tuesday. THE CANADIAN PRESS

ANNIVERSARY

Trudeaus' day off fraught with criticism

When Prime Minister Justin Trudeau announced that he and his wife Sophie Grégoire-Trudeau would take Wednesday off to celebrate their wedding anniversary during a visit to Japan, critics immediately jumped on the micro-vacation as another example of Liberal entitlement.

"I'll see your hubbub about nannies and extra help and raise you an anniversary abroad. Bold," Andrew MacDougall, a former communications director for Stephen Harper, quipped

on Twitter.

Trudeau, whose office won't say how many staff he has in tow, defended the prime ministerial down time during the four-day Japan trip, calling it an example of "the kind of work-life balance that I've often talked about as being essential in order to be able to be in service of the country with all one's very best and that's certainly something I'm going to continue to make sure we do."

The couple were to spend the

night at a traditional Japanese inn before Trudeau heads to the G7 summit on Thursday in the country's Ise-Shima region. Trudeau said he'd personally pay for their anniversary night out.

The Trudeaus' 11th anniversary hiatus calls to mind a different age when prime ministerial down days were a regular occurrence.

Former prime minister Pierre Trudeau often took one or more of his boys with him when he travelled abroad in the 1970s

and early '80s.

Patrick Gossage, a former press secretary to Pierre Trudeau, recalls the prime minister disappearing for a three-day vacation after the 1978 Bonn summit.

Brian Mulroney, who followed the elder Trudeau in office, largely escaped the travel controversies of his predecessor, sticking to business while abroad even if the pre-Internet media pace was less punishing.

THE CANADIAN PRESS

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IN BRIEF

Crown agrees de Grood had a mental disorder
The Crown agrees a young man was suffering from a mental disorder when he stabbed five people to death at a Calgary house party two years ago. The two psychiatrists and psychologist who testified at Matthew de Grood's trial did thorough work and have vast experience dealing with such cases, prosecutor Neil Wiberg said. The judge is set to release his verdict Wednesday.

THE CANADIAN PRESS

SUICIDE

Military more likely to seek help: Study

Elisha Dacey
Metro | Winnipeg

A new study says Canadian military personnel have more suicidal thoughts and more suicide attempts than their civilian counterparts — but they're also more likely to seek help.

The research, published in the Canadian Medical Association Journal and co-auth-

ored by Dr. Jitender Sareen of the University of Manitoba, shows that people in the Canadian Armed Forces (CAF) had a "32 per cent increased odds of thinking about suicide, and 64 per cent increased odds of planning suicide than the civilian group."

The researchers looked at four nationally representative surveys from 2002 and in 2012-2013 to come up with their data.

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Blast downed plane: Expert

MEDITERRANEAN SEA

Body parts from EgyptAir flight show signs of burns

Body parts recovered from the crash of EgyptAir Flight 804 showed signs of burns and were so small that they suggested the jet was brought down by an explosion, a member of the team examining the remains said Tuesday. But the idea of a blast was promptly dismissed by the head of Egypt's forensic agency as "baseless" speculation.

The cause of the crash of the EgyptAir jet flying from Paris to Cairo that killed 66 people aboard still has not been determined. Ships and planes from Egypt, Greece, France, the U.S. and other nations are searching the Mediterranean Sea north of the Egyptian port of Alexandria for the jet's voice and flight data recorders, as well as more bodies and parts of the aircraft.

Egypt's civil aviation minister

has said he believes terrorism is a more likely explanation than equipment failure or some other catastrophic event. But no hard evidence has emerged on the cause, and no militant group has claimed to have downed the jet. Leaked flight data indicated a sensor detected smoke in a lavatory and a fault in two of the plane's cockpit windows.

An Egyptian forensic team was examining the remains of the victims for any traces of explosives, according to a team member and a second official, both speaking on condition of anonymity because they were not authorized to talk to reporters.

The team member said the fact that all 80 body parts recovered so far were very small and that some showed signs of burns suggested an explosion.

But Hisham Abdel-Hamid, head of the Egyptian government's forensic agency, dismissed the suggestion, telling the state-run MENA news agency: "Whatever has been published is baseless and mere assumptions." THE ASSOCIATED PRESS



A model in a dress made of flowers at the Chelsea Flower Show. GETTY IMAGES



Queen Elizabeth II stands beside a floral exhibit during a visit to the show on Monday. AFP/GETTY IMAGES

CHELSEA, UK

Visitors flock to flower show

The Chelsea Flower Show, London's legendary celebration of gardening, gets under way today, continuing a tradition that started in 1913, interrupted only by wartime.

The show, organized by the Royal Horticultural Society, is not the biggest in Britain. The Hampton Court Palace Flower Show is bigger, but Chelsea is still the most prestigious.

The weather is forecast to be cloudy this year, with the odd rain shower. But sometimes, the vagaries of the English climate really does get in the way. In 1932 the rain at the show was so severe that a summer house display fell to pieces. Another wet year an exhibitor named it "The Chelsea Shower Flow."

Whatever the weather, you

can be pretty sure there will be 157,000 visitors, which is a limit imposed since 1988 by the capacity of the site at the Royal Hospital, Chelsea.

One feature of this year's show doesn't have any actual roots, and doesn't need watering. Almost 300,000 handmade poppies to honour the armed forces will be on display.

TORSTAR NEWS SERVICE

IN BRIEF

Bill Cosby to stand trial

On Tuesday, a judge ordered 78-year-old Bill Cosby to stand trial on sexual assault charges on the strength of Constand's decade-old police statement.

Cosby could get 10 years in prison if convicted in the case, the only criminal charges brought against the comedian out of the barrage of allegations that he drugged and molested dozens of women over five decades.

THE ASSOCIATED PRESS

Idomeni camp closed

It grew to the size of a small town, becoming a symbol of Europe's closed border policy for migrants and refugees. On Tuesday, Greek authorities began to dismantle it.

Police moved more than 2,000 people out of Idomeni, the makeshift camp on the Macedonian border, and sent in bulldozers to begin erasing the tent city, dashing the dreams of thousands who hoped to eventually reach Europe.

THE ASSOCIATED PRESS

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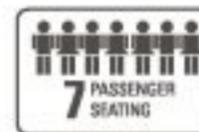
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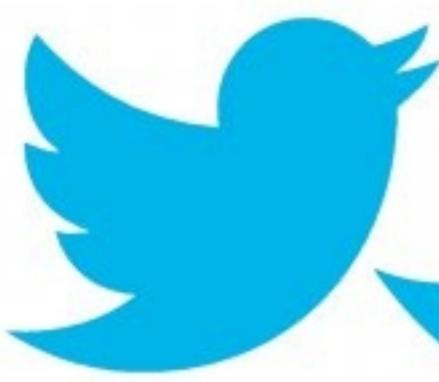
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Twitter pushes past its limit

Photos, links and usernames will no longer count as part of the 140-character limit when the new changes are made. TORSTAR NEWS SERVICE

Confirming reports that surfaced last week, Twitter announced Tuesday will be making a series of changes that allow tweets to be longer than 140 characters and are aimed at improving communication over the microblogging service.

Released in a blog post, the company announced four changes that mean items previously counted as part of characters in messages on the service now will not, including photos, links and usernames.

The changes will be rolled out in the next few months.

Most of the changes were welcomed by users online, although since this was Twitter, there was obviously some grumbling.

The main complaints stemmed from what took the company so long, and also that

despite numerous pleas from many users, the company still has not done enough to limit harassment, particularly of female users on the platform.

Twitter is in a difficult position, as growth of the service has stalled at around 300 million users, and many new users have problems understanding the service or gaining a meaningful follower count. It is still the most real time of social networks, and definitely remains beloved by its power user base.

At least these changes will actually be coming. Ever since founder Jack Dorsey returned as CEO in June 2015, the company has made noises about changes, often to back off.

There was a talk of unlimited (or 10,000 character) tweets that was quickly kiboshed. As

well, the company introduced a "While you were Away" feature before it launched caused many of its users to panic and worry about changes.

The bigger issues with Twitter, at least if it wants to compete with the social networks like Facebook, Instagram and the many messaging apps that have user bases that dwarf it, is the company has to find a way to get user growth back up.

As well, analysts have criticized the company about how it has yet to create a self-service ad platform, which has worked well for Facebook.

It's unlikely these changes will make Twitter more welcoming to new users, but at the least, its dedicated fans seem to be looking forward to less editing to get their point across.

The four changes:

1 **WHO'S THAT TWEET FOR:** When responding to a tweet, and @ name will no longer count as characters in a 140-character tweet. But up to 50 people (!) can be included in a conversation.

2 **LINK TO YOUR HEART'S DELIGHT:** Photo, GIFs, videos, polls, links and quote tweets won't count.

3 **GOT MORE TO SAY:** You can now Retweet and Quote Tweet your own tweets, which was previously available on some third party clients.

4 **THE ":" IS GOING:** The period before a Tweet used to make followers see that tweet is being removed, and now a username at the beginning of a Tweet will go to all your followers.

ROAD SAFETY

Pace car drivers to slow traffic down

 **Brodie Thomas**
Metro | Calgary

If you're the type of cautious driver who always goes the posted speed limit, a community association in Calgary would like to invite you over.

Rocky Ridge Royal Oak Community Association is about to roll out a community pace car program with an aim to keep traffic moving at the speed limit.

Ali Oonwala, vice president of the association, said many residents have already registered for the program, and mailouts have gone to every residence in the community.

The pace car program has been used successfully in communities across Canada. Drivers pledge to drive cautiously and at the posted speed limit — or to conditions — all the time. They also have bumper and rear-window stickers to let lead-footed drivers know why they're driving in such a reasonable way.

"We've got all our own stickers made up specific to the

community," said Oonwala.

The program is a local pilot, but Coun. Ward Sutherland said if it's successful, the stickers can easily be customized to any community in the city.

"There's been lots of interest in the program in general, but we wanted to run it in one community first," said Sutherland. "Lots of people are already interested because it's about people taking action instead of just criticizing and wanting enforcement."

He said part of the program is just about raising awareness, so people will understand what the stickers mean.



This sticker alerts drivers that the car ahead will stick to the speed limit. CONTRIBUTED

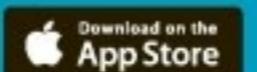
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metrO VIEWS

Your essential daily news

Wednesday, May 25, 2016

ROSEMARY WESTWOOD ON HOW NOT TO BE NICE

NO SUGAR, BUT ALL SPICE

Faced with a culture that insists on niceness as the best — in fact, only — option for women, some notable writers and artists are making a counterproposal: **We can be as mean as we want to be.**

Niceness, our national pastime, has special significance for women. It is not only a constant expectation, it is considered innate. It is inextricable from girliness and womanliness, part of their very definition. And despite feminism's long work to undermine this trope, niceness has gone nowhere.

Which is why, just last October, researchers at Arizona State University found that anger only looks good on a man.

In the study, anger made men more convincing, but "when women expressed identical arguments and anger, they were perceived as more emotional," thus undermining their message, noted co-author and psychologist Jessica Salerno.

In other words: Since anger is not nice, an angry woman is doing something wrong, and therefore she's not credible. Or, probably, likable.

This is also why powerful women are routinely derided with antonyms of nice.

The writer Lindy West, for example, has been called many traditionally

unsavoury things, and one of them led to the title of her new book, *Shrill: Notes From a Loud Woman*, which chronicles West's ascension to feminist-commentary fame. "My husband came up with it," she told one interviewer, of the title. "I don't totally remember (why). I'm sure some Internet troll called me shrill."

Because she chose to name the book after a supposed insult, it is both a rebranding of the word and a branding of West herself. The message to readers is clear: Lindy West gets called bad names, and not only does she not care — she's going to profit from it. It's a wink to women everywhere who have been put down for failing to show unfailing niceness, and a warning to those who don't like a brazenly opinionated woman.

In snatching a label so often used to undermine women's views by deriding their tone, West has spun slag into self-praise.

It's a similar tactic to Jen Agg's. The Toronto restaurateur has a forthcoming book titled *I Hear She's a Real Bitch*. Agg, like West, is a caps-lock Twitter per-



The title of Lindy West's new book, *Shrill*, is a wink to women put down for failing to be nice. JENNY JIMINEZ/TORSTAR NEWS SERVICE

sonality ("Snicker, mutter about what a crazy bitch I am GO AHEAD I don't give a F-K," reads one tweet), unwilling to capitulate to critics, and uninterested in dutifully toeing a submissive feminine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by

women let's just go ahead and assume we are natural enemies."

When her book comes out, she'll be selling the idea of "bitch" as something good — a tactic that by now has a long history. Unlike the word "shrill," Agg's chosen insult-as-talisman has gone through dozens of meanings and connotations over nearly a

century. The bad meanings have included whore and mean. The good: powerful, assertive and, even, feminist (as in, *Bitch Magazine*). A historical overview in *Vice* wondered whether bitch has retained any one overall meaning as a result of all this flux. From personal experience, I can confirm it remains, widely, a slur.

But words like "shrill" and "bitch" are worth using in book titles exactly because they remain controversial. They evoke other similarly derogatory terms, like "abrasive" and "aggressive," and the worn-out critiques of powerful women, like Hillary Clinton, as yelling too much.

For as long as this niceness expectation remains the status quo, it will give women like West and Agg their special spice. Unburdened by the need to please and be pleasant, they say and do what they want, letting other, more wary women live vicariously through them.

That, I can tell you, is an immensely freeing experience, similar, if on a lesser scale, to the almost spiritual catharsis I have



every time I watch Don't Hurt Yourself, Beyoncé's most vicious song in the cultural beast that is her visual album, *Lemonade*. The video is the most dangerous vision of Queen Bey we've ever seen. Menacing, dismissive, physically aggressive — she vibrates with the kind of anger that flares nostrils. "I am the dragon breathing fire," she sings, and "Who the f-k do you think I am?" and in a crescendo: "Tonight I'm f-ing up all your s-t boy!"

The anger is so acute, so righteous. It feels so good precisely because it is transgressive.

One explanation for that, and for niceness's staying power, is that niceness is useful. It serves the patriarchy extremely well, since nice women don't cause fusses.

But, by the same token, they may have a harder time landing a book deal. What many women want right now is help on how to NOT be nice. How not to be cowed. We want our anger taken seriously, and our opinions, and our skills.

Book marketers seem happy to oblige.

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metrLIFE

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Facebook apologizes for banning an ad featuring an 'undesirable' plus-sized model



Kyle Lowry's slam dunk meal

"On game day, we'll do egg whites and gluten-free pancakes — just to get the carbs in there — turkey sausage, avocado, fruit. We'll do a big breakfast, so I can burn the calories all day. Once game time comes, I'm already fuelled and ready to go." That's what the Raptors' Kyle Lowry told us a while back, when we asked what he eats for breakfast. Ahead of Game 5 of the Eastern Conference Finals, we're uncovering the secrets of this breakfast of a champion.

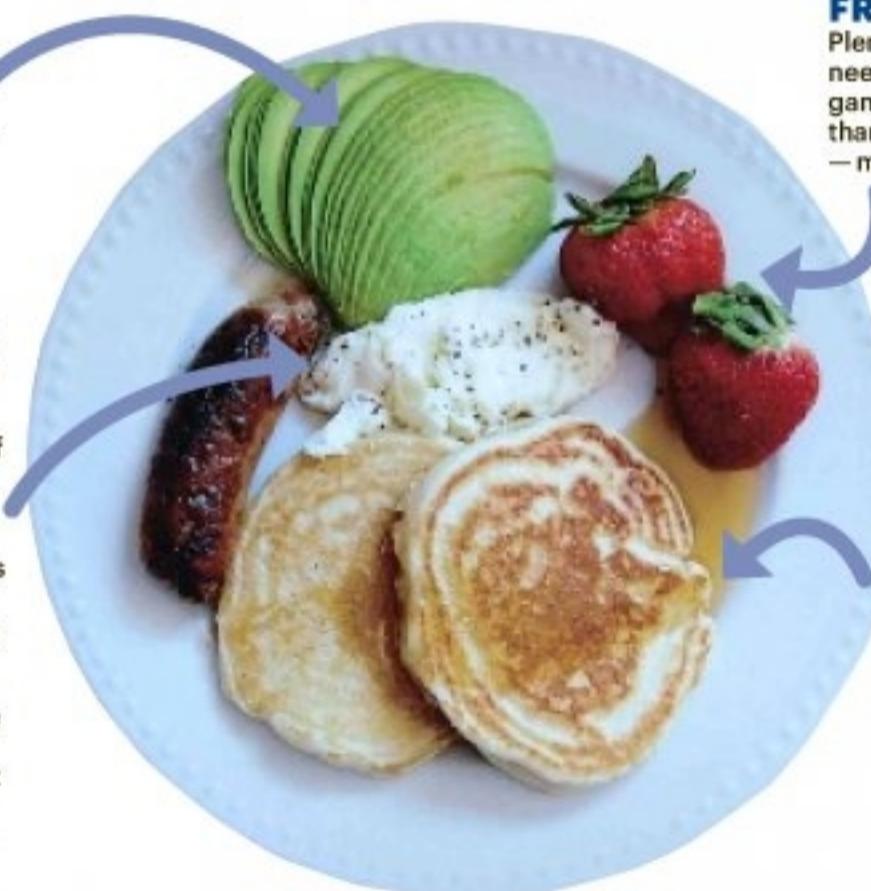
TORSTAR NEWS SERVICE

AVOCADO

The avocados provide a healthy monounsaturated fat and help ensure Lowry gets enough calories before the game — an athlete at his level should be consuming a breakfast that contains between 750 and 1,000 calories. (Lucky him.)

TURKEY SAUSAGE AND EGG WHITES

These are great lean protein alternatives (compared to beef or pork sausages and whole eggs), which will keep the muscles and gastrointestinal (GI) tract happy. When muscles work intensely, there's competition between working muscles and the GI tract. The top priority for the body is to digest food, which will limit the blood supply to muscles, resulting in quicker fatigue. Fat takes three to five hours to digest, so Lowry doesn't want an excess of it before the big game.

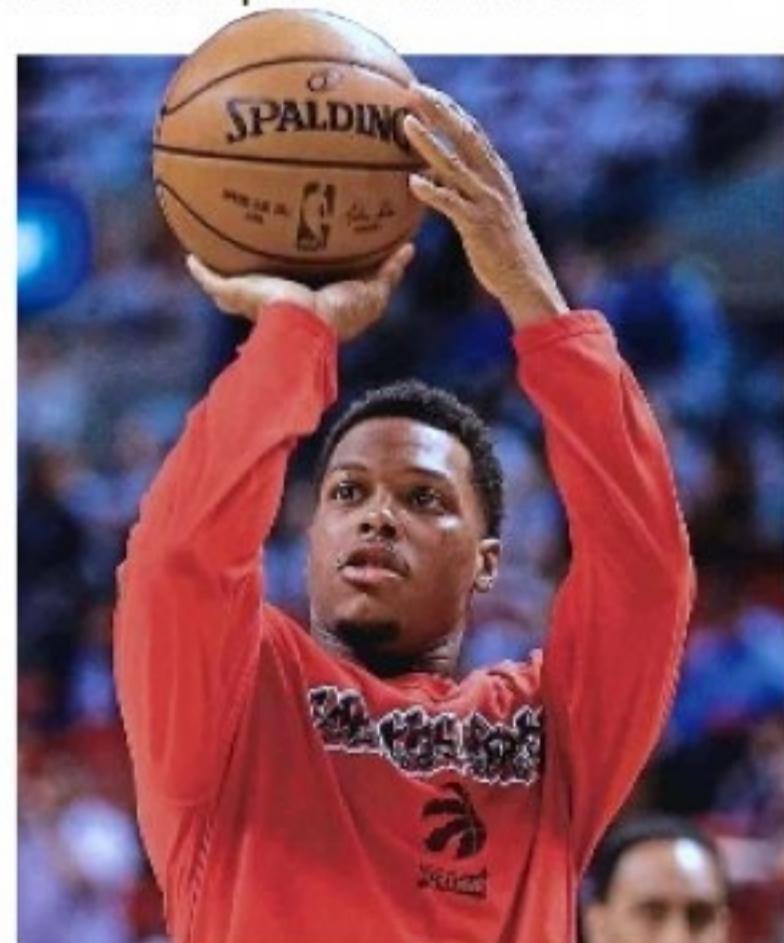


FRUIT

Plenty of carbohydrates are needed for fuel before the big game. Fruit is a better choice than vegetables for this situation — more carbs and less fibre.

GLUTEN-FREE PANCAKES

Typically gluten-free flours (rice flour, tapioca flour and potato starch) are low in fibre and are absorbed rapidly. That beats a high-fibre carbohydrate, which increases digestion time, delaying the speed at which glycogen reaches the muscles. Also, grains that contain gluten (wheat, barley and rye) contain carbohydrates that are poorly absorbed and can cause gastrointestinal disturbances in some people — not a distraction you want when you're squaring off against LeBron James.



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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spreads

Peanut butter and Nutella are beloved breakfast and snack favourites, but one is definitely a healthier option.

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Calories 180
Fat 14g
Sugar 2g
Saturated Fat 2g

**SKIP THIS****Nutella Hazelnut Spread (2 Tbsp)**

Calories 200
Fat 12g
Sugar 20g
Saturated Fat 4g

**HERE'S WHY****Equivalent to more than five Oreo cookies in sugar**

Kids and adults alike love peanut butter and Nutella. From sandwiches, dipping fruit or straight out of the jar, these spreads are a daily snack or breakfast item for many. While both fare similarly when it comes to fat and calories, Nutella has twice the saturated fat, partly due to containing palm oil, and has 10 times the sugar! That equals about 5 tsp of the sweet stuff on a 2 tablespoon serving — too sweet for an everyday snack!



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Diva Q talks grill power

FOOD

TV chef battles stereotypes while perfecting barbecue

Danielle Bennett describes herself as "a barbecue woman through and through," but she's had to work tirelessly over a decade to gain credibility in an arena dominated by men.

She says she's won close to 400 barbecue awards nationally and internationally, hosted the TV show BBQ Crawl for three years and has taken countless courses and apprenticeships. She travels tirelessly in search of barbecue — last year alone she took more than 50 flights and drove her truck more than 120,000 kilometres.

"It's been really hard to garnish that respect and integrity," says Bennett, who also goes by Diva Q. "Some people understood right away that I wasn't a joke ... (but also) I got dismissed a lot. Still to this day I do. I look at people and go, 'Really? After all these years?' It's 10 years now. I'm not new."

But when it comes right down to it, she loves feeding a people, especially family and friends, and has compiled her favourite recipes into a new cookbook, *Diva Q's Barbecue: 195 Recipes for Cooking with Family, Friends & Fire* (Appetite by Random House).



Danielle "Diva Q" Bennett has published a new cookbook called *Diva Q's Barbecue*.
THE CANADIAN PRESS



There is no such thing in my world as a barbecue season. It's every day of the year.

She includes tips on tools, rubs and sauces, choosing a grill, preparing it for direct and indirect heat, and using wood chips and cedar planks.

"It's a reference book you can go back to time and time again and not some flaky little book from some chick that does barbecue," says

Bennett, who names Texas brisket and Asian influences among her favourites.

"There are tried-and-true recipes for Sunday suppers, weekend warrior programs, during the week. It really goes the whole range from southern classics — some recipes for biscuits because

I love biscuits — to desserts to lots of fish and seafood dishes; especially in Canada we have lots of incredible seafood."

Along with recipes for salads and vegetarian entrees, one unusual item is a roast chicken in which a carved pineapple is used to stand the bird on instead of a beer can, which lends juicy flavour and moisture, Bennett says, and doesn't "waste a perfectly drinkable beer."

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1 TASTE TIPS

Five things to ensure success while grilling
Barbecue expert Danielle Bennett offers some of her top tips of the trade for success on the grill:

A clean grill is a safe grill

Do a full inspection, checking hoses and lines to be sure there are no cracks and that no rodents have moved in over the winter. Grates should be cleaned to prevent buildup of bacteria, which could be transferred to the next food you cook.

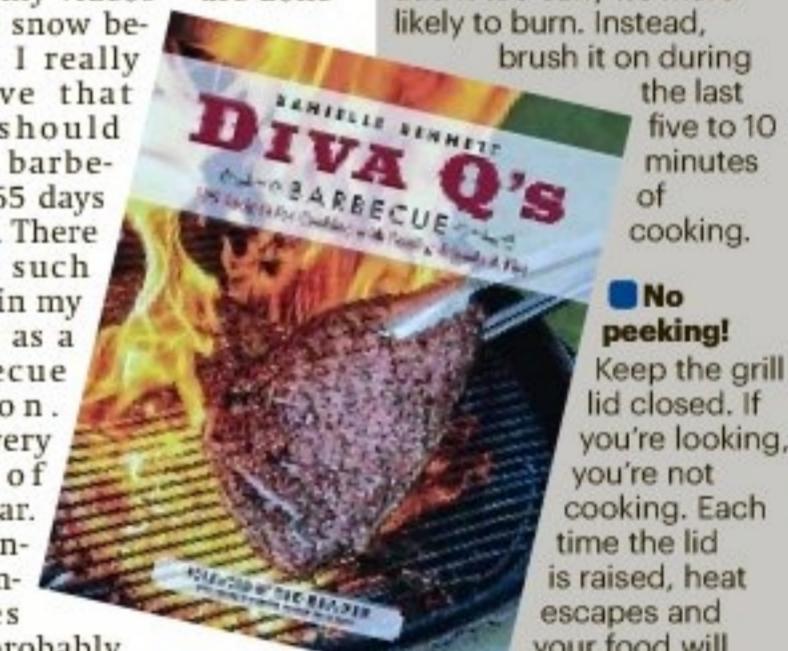
Tools

Pitch the fork that's included in most commercially sold barbecue kits, says Bennett. The sharp points pierce whatever you're grilling, allowing precious moisture to escape. Use one set of tongs for raw foods and another for cooked to avoid transferring bacteria.

Hold the sauce until the end

One of the biggest mistakes people make is applying sweet sugary sauce at the beginning of the cooking process. If you add it too early it's more likely to burn. Instead, brush it on during the last five to 10 minutes of cooking.

No peeking!
Keep the grill lid closed. If you're looking, you're not cooking. Each time the lid is raised, heat escapes and your food will take longer to cook.



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Modern crossover hits mark



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THE CHECKLIST | 2017 FORD ESCAPE

THE BASICS

Engine: 2.5L four-cyl/1.5L turbo 4-cyl/2.0L turbo four-cyl

Power: 168 horsepower

Transmission: Six-speed automatic

Price: Starts at \$25,099, top model \$35,999

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- Adaptive cruise control, collision warning, automatic emergency braking, perpendicular or parallel park assist with park-out functionality and lane keep assist are all available as well as SYNC3, SYNC Connect and a new Ford Pass app for your smartphone.



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- New look
- Smooth stop/start
- Lots of available tech

LEAVE IT

- Small back seat
- Bad base engine

TECHNOLOGY

Audi A7 has impeccable manners

Audi's self-driving prototype might show more consideration for other drivers on the road than some human beings.

The Audi A7 piloted driving concept has received the nickname "Jack" by the German automaker, and Audi claims "it has learned how to show consideration for other road users." Not only is the A7 able to autonomously drive itself on the highway, but it also exhibits a driving style that safely adapts to the given situation, making it a research car with social compe-

tence. For example, Jack is showing that it drives more naturally through all the data it has gathered, now passing trucks with slightly wider lateral gap. It also signals upcoming lane changes by activating the turn signal and moving closer to the lane marking first, performing the act like some human drivers do.

Perhaps the most interesting thing about Jack is how it makes decisions when other drivers want to merge into its lane. The test car will decide, based on the select driving pro-

file, whether it will accelerate or brake in order to handle the traffic situation in a way that benefits everyone on the road. That might be more than we can say about some human drivers who will never let other cars merge.

In the U.S., Audi had a driverless TTS etch the brand's four ring trademark into the surface of a salt flat as well as conquer the legendary Pikes Peak Hill Climb. It has also campaigned an RS7 Sportback at the Hockenheim Motodrome in Germany, turning in lap

A8

Audi has spent the past few years investing heavily into piloted driving features and is expected to introduce the technology with the next-generation Audi A8 that will debut next year.

times comparable to or even better than professional drivers.
AUTOGUIDE.COM

REVIEW

Refreshed 2017 Escape has great tech

The Canadian Rockies may not be the most obvious pick for a non-skiing vacation, but once you get a chance to drive through it, the beauty of the snow-capped mountains, fresh piney smell, and close-up glimpses of wild animals outside your window make you wonder why more people don't come.

In the same way, the Ford Escape may not be the most obvious choice for a compact crossover. Like an all-inclusive beach resort, most people will gravitate towards a Honda CR-V or a Toyota RAV4, but once you drive the new 2017 Ford Escape, you come to appreciate that it has a lot to offer.

The Ford Escape has always been a top seller in the compact crossover segment, and it's the second best-selling Ford model after the F-150. It was starting to feel dated, but the refreshed 2017 version with great technology will make it more competitive.

Outside, the biggest change is a big grille that makes the Escape look like a smaller Ford Edge. It helps give the crossover a wider stance and more presence on the road. Available LED headlights freshen up the look, and adaptive headlights are available. The first big news is two new EcoBoost engines: a 1.5-litre turbo four-cylinder and a 2.0-litre four-cylinder with a

twin-scroll turbocharger. They both come standard with stop/start, and it is one of the most seamless and least annoying systems out there. The intelligent system improves fuel economy by four to six percent in stop and go traffic and won't activate if the car is in extreme temperatures.

The carryover 2.5-litre four-cylinder is still available, but it's really not the engine you want because it makes the Escape feel lethargic. The EcoBoost options are much better.

On a few stretches of two-lane mountain roads, passing three slower moving cars at a time was surprisingly quick and wasn't anxiety-inducing.

All engines are paired with a six-speed automatic transmission and upper trim levels even have paddle shifters.

Front-wheel drive Escapes are available, but most people will opt for the AWD system, which reads the road conditions every 16 milliseconds. The system can transfer up to 100 per cent of the power to the front or rear wheels if needed. The system makes the crossover feel sure-footed, and it never lost traction in the rain, snow or freezing rain experienced while driving in the mountains and the engine never lost steam at higher altitudes.

All of this makes the 2017 Ford Escape easy, familiar, and predictable to drive. It's easy to park and maneuver, it feels confident and planted. It has everything you'd expect in a modern crossover.

AUTOGUIDE.COM



The Audi A7 prototype, or "Jack," lets other cars merge on the highway, which is more than we can say for some humans.
HANDOUT

UNDERSTANDING AND APPRECIATING UNIONS

Budget will show vision for public education



NORM GOULD
President, Manitoba Teachers' Society

On May 31, the Pallister government will table its first budget and we will get a first glimpse as to what its vision for public education looks like.

To date, announcements have been narrow in scope, focussing primarily on improving literacy and empowering teachers and parents through plain language report cards and an expedited process for getting support for students with special needs.

Usually this budget announcement occurs earlier in the year, however the date was adjusted due to the recent provincial election. While school divisions have already approved their budgets for the year, we can expect to be reminded again that 80-some per cent of division budgets go toward paying employees. Of course, it's not ever put that way in media coverage.

It is often described that 80-some per cent of the budgets are "eaten up" by staff, as if there is a pack of jackals unfairly making off with most of the money earmarked for education.

It's just a lazy cliché, but rarely put in the context of what education entails. Education is almost totally made up of people. Sure there are computers and books and whiteboards and other costs.

But at its core you are paying for people; people to maintain the buildings, people to handle administrative chores and, mostly, people — teachers — whose knowledge and ability are the No. 1 requirement to running an education system.

The majority of education funding does not go to what's on a teacher's desk or in their hands, it goes to what is in their heads, what they've learned through years of university and experience. It seems all so obvious, but that becomes less clear when



school divisions start the budget process and the media and others weigh in with their opinions on how schools should operate.

During a discussion on the radio it was suggested the Winnipeg School Division could solve its fiscal problems by firing 60 or more teachers. The Brandon Sun then ran an editorial suggesting too much money was going to teachers.

It's all true. You could run a school system much more cheaply without teachers or only a handful per school. You could also save money on a new car if you bought one without an engine. And, well, there's always the old thought that schools would run much more efficiently if there were no students. The good news is it seems more and more politicians are getting the message that a quality education system needs teachers.

Public opinion research has also found

that a majority of taxpayers would rather see more resources put into education, not less. This is especially true of parents who are more keenly aware of what goes on in today's classrooms. They are strong supporters of teachers they come in contact with.

Sustained funding by school boards, and ultimately the provincial government, is necessary to ensure that our teachers have the support to meet the needs of their students and that students have the support to achieve their goals.

Over the years, Manitoba has been an outlier in the realm of public education. While other provinces have made cuts to education and ignored teacher and student needs in the classroom, Manitoba has taken a collaborative approach to decision-making, taking into account the needs of not only teachers, but all people involved in

public education.

So, maybe as the years go by, and we continue to point out the positive roles teachers have in the classroom and in affecting positive policy change, the anxiety around each budget will lessen and everyone can relax knowing our schools and students are in good hands.

And there's nothing wrong with being an outlier.

The Manitoba Teachers' Society represents 15,000 public education teachers across Manitoba. The Manitoba Teachers' Society is dedicated to safeguarding the welfare of teachers, the status of the teaching profession and the cause of public education in Manitoba. The priority of our members is to provide a quality public education to over 180,000 Manitoba public education students.



Teachers know our kids
need more support.



The
Manitoba
Teachers'
Society

'Unions are more relevant than ever'

Workers in Manitoba have the legal right to join a union. But what does "joining a union" really mean? Unions are formed when workers join together collectively to improve their working conditions.

"Joining a union means workers have a say in negotiating improvements to wages and benefits," says Kelly Moist, president of the Canadian Union of Public Employees — Manitoba.

"Being part of a union also means workers have a contract in place that outlines their rights in the workplace, and unions represent workers if grievances or disputes arise."

Many Manitobans go to work without a union, and have limited rights in their workplaces. "We believe everyone in Manitoba deserves fairness and a voice in their workplace," says Moist. Unions are also important players in strengthening Manitoba's economy because unions negotiate between workers and employers to ensure safe, posi-

"BEING PART OF A UNION MEANS YOU HAVE A VOICE AT WORK."

*— Kelly Moist,
president of the
Canadian Union
of Public Employees
— Manitoba*



tive, and growing workplaces for all.

Public sector unions like CUPE also ensure that public services and programs remain high quality for residents of Manitoba, and push back against the threats of privatization and contracting out.

"Many governments are choosing "austerity" budgets of tax cuts and program cuts,



CONTRIBUTED

rather than investing in important public services," says Moist. "Unions like CUPE help to challenge cuts and act as a voice for working class Manitobans."

The Canadian Union of Public Employees

believes that we are better when working together, and that all workers should join a union. There are many unions in Manitoba for every type of work — whether private sector or public sector.

Unions make life better for everyone



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REPRESENTING THE LIGHT OF MANITOBA

The International Brotherhood of Electrical Workers (IBEW) Local 2034 in Winnipeg represents the 3,000 men and women at Manitoba Hydro who keep the lights on in Manitoba.

Manitoba has the resources to be a green energy powerhouse for neighbouring provinces and the American Midwest, and Local 2034 members transform that potential into warm houses, bright restaurants, and the thunder of industry, says IBEW Local 2034's Mike Velie.

"It is our commitment to generate, operate and transmit the lowest cost, greenest and most reliable power company in North America," says Velie. "In 2015, more than 95 per cent of the electricity Manitoba Hydro produced was clean, renewable power from 15 hydroelectric facilities, and our reliability rate was substantially better than any other utility."

Members of Local 2034 do everything from managing fish hatcheries to operating power stations, and they protect 13,000 km of high-voltage lines and 76,000 km of neighborhood

distribution lines. They're also responsible for the hundreds of vehicles that get crews to any job, day or night, no matter the weather.

Members work at hydroelectric facilities on the Nelson River, transmission lines throughout Manitoba, and high-voltage converter stations in Henday, Radisson, and Dorsey, but Velie is quick to point out they also live and serve in those communities.

He says more than 250 members are volunteer firefighters—some among the teams fighting wildfires in Fort McMurray and the Whiteshell—hundreds more volunteer in hospitals, coach kids' sports teams, and lead civic organizations.

Manitoba Hydro is currently looking to invest more than \$20 billion to expand the province's clean power generation and transform its distribution grid into one North America's most advanced.

Velie says that could see the Keeyask Generating Station producing enough energy for



ISTOCK

nearly 700,000 homes, power that will reach Manitoba's population centers through a new, 1,400 km high-voltage transmission line.

The investments will help Manitoba Hydro expand exports to American states, meaning plenty of opportunity for Local 2034 members, according to Velie.

"The need for workers committed to making a difference in their community will be great," says Velie. "Working at Manitoba Hydro and becoming a member of Local 2034 means more than a job, it is a career filled with opportunity to grow, to earn a good wage for good work and a pension that can provide a dignified retirement."



A LIGHT FOR MANITOBA

The 3,000 men and women of **IBEW Local 2034** are the **Manitoba Hydro** employees who generate, transmit and distribute all of Manitoba Hydro's energy. We proudly provide Manitobans with 24 hour a day, 7 days a week electrical service and security. Because of our members' dedication, Manitobans enjoy some of the lowest electrical rates in the world.

Learn more at www.ibew2034.com and ibew.org





metro SPORTS

"What we want from hockey, what we look for, is life's ideal, not its reality": Gord Downie during the 2004-05 NHL lockout

IN BRIEF

Researchers say late NFLer Bubba Smith had CTE

Former NFL defensive end Bubba Smith was diagnosed with the brain disease CTE by researchers after his death, the Concussion Legacy Foundation said Monday.

Smith died in 2011 at 66. He is one of 90 former NFL players diagnosed with Chronic Traumatic Encephalopathy since 2008 at a brain bank affiliated with Veteran Affairs, Boston University and the foundation. Out of four stages of the disease, the foundation says Smith had Stage 3 CTE.

Other former NFL players diagnosed include Frank Gifford, Ken Stabler, Mike Webster and Junior Seau.

THE ASSOCIATED PRESS

Senators sign winger Pyatt to two-way deal

The Ottawa Senators have signed forward Tom Pyatt on a one-year, two-way contract.

The deal will carry an annual value of \$800,000 US in the NHL and \$200,000 in the AHL.

Pyatt, 29, spent the last two seasons playing with Geneve Servette of the Swiss-A League. He ranked fourth in team scoring last season with 29 points (11 goals, 18 assists) in 42 games.

THE CANADIAN PRESS

Goto metronews.ca for coverage of Tuesday's NHL playoff action.

Rock-steady in Cleveland

RAPTORS GAME 5 PREVIEW

Canadian club has kept even keel through ups and downs

Of all the traits the Toronto Raptors have displayed this season, there is none of which they are more proud than their collective level-headedness.

They know not to get too euphoric after wins, to not dive into the throes of despair after losses; the even-keel nature of the season has helped make it the most special in franchise history.

And now, with a monumental opportunity in front of them, one that may never come around again, they remain calm and collected and not at all full of themselves.

They know being 2-2 with the Cleveland Cavaliers in what's now a best-of-three NBA Eastern Conference final is a gigantic accomplishment but that it doesn't mean anything is going to be easy.

"I will say this: it's going to be a different animal back in Cleveland, as it is in every series," coach Dwane Casey said on a conference call on Tuesday afternoon.

"When you go into another team's home territory, it's a little bit tougher."

The Raptors arrived in Cleveland brimming with confidence, but not cockiness. After being



Raptors point guard Kyle Lowry lays in two of his 35 points against the Cavaliers in Game 4 Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

drilled in the first two games of the series at the Quicken Loans Arena, Toronto rebounded with two wins at home.

They were led by the scoring exploits of Kyle Lowry and DeMar DeRozan — 67 points between them in Game 4 — and an increasingly stingy defence that has frustrated Cleveland's outside shooters.

"I think DeRozan and Lowry really took it upon themselves to get their team back on track,

and we have to take that one-on-one challenge and be better with those two guys," Cleveland coach Tyronn Lue told reporters on Tuesday.

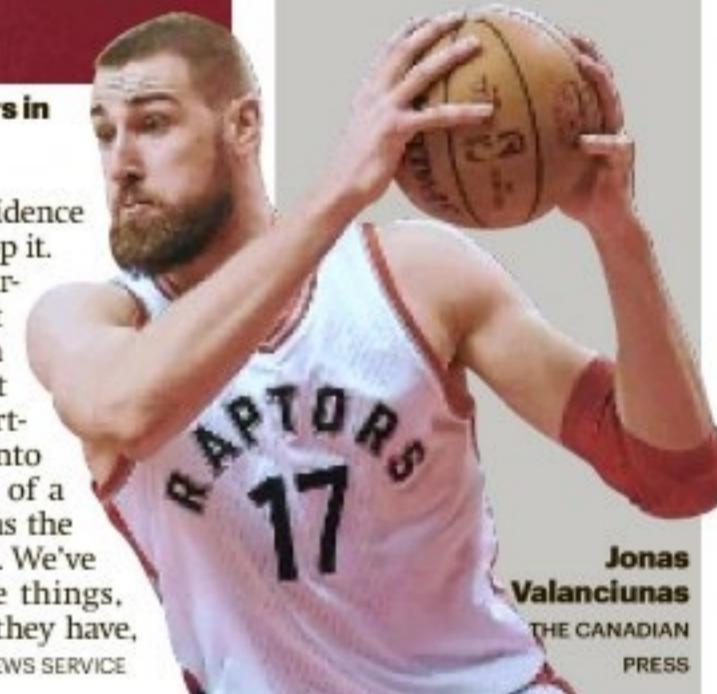
The familiarity that has developed as the series has progressed is helpful, but Casey knows it runs both ways.

"We know who they are, they know who we are," he said. "I think we have gotten a little bit more familiar with what they're trying to do and giving us a little

bit more confidence as far as to stop it.

"As we go further, I think it just helps both teams to get more comfortable. It gets into a little more of a chess match as the series goes on. We've learned some things,

and I'm sure they have, too." TORSTAR NEWS SERVICE



Jonas Valanciunas
THE CANADIAN PRESS

MEMORIAL CUP

Famous NHL sons on the rise on biggest junior hockey stage

Jake DeBrusk was already grabbing headlines away from his father at the age of six.

The Red Deer forward, son of former NHL player Louie DeBrusk, grew up idolizing his dad and would accompany him to the arena whenever he could. Now 19, DeBrusk has trouble recalling most of those early memories, but he remembers one moment when he was the centre of attention at an NHL rink.

"I just remember pictures

of me in the locker-room, I was in the front page news in the (local newspaper) for a bleeding nose from playing mini hockey in the room and I was like, 'Hey I made the paper.'



Louie DeBrusk
GETTY IMAGES

skates at the top level. DeBrusk, a Bruins first-rounder from 2015, first started going to the arena when his father played for the Coyotes in 2000.

Louie DeBrusk isn't the only member of that Coyotes team to have a son in this



year's Memorial Cup. Goaltender Sean Burke's son Brendan and forward Keith Tkachuk's son Matthew play for the London Knights.

"It was awesome growing up, I was always around the locker-room, going to games — it was one of the

best times of my life," said Burke. "When you're younger those guys are your heroes."

"Every time you have a chance to go to the rink with your dad and see NHL players and the way they treat themselves on and off the ice, it shows you there's a lot more to it and I learned that (young)," added the 18-year-old draft-eligible forward Tkachuk.

"My dad was playing, I spent a lot of time with my mom. There are stories of her putting me on the ice when I was two, so not only my dad but my mom had a huge part in my development too."

Being the son of an NHLer can also have a downside. DeBrusk remembers that sometimes he was targeted by the opposition because his father was a pro.

"When I first got in the (WHL) I had fight offers right away," he said.

DeBrusk is one of three players on the Rebels with an NHL connection. Forwards Ivan Nikolic and Adam Musil grew up with NHL fathers, as did London forward Max Jones and Brandon Wheat Kings forward Nolan Patrick from Winnipeg. Patrick's uncle James is also currently an assistant coach with the Dallas Stars. THE CANADIAN PRESS

Rebels Jake DeBrusk and Adam Helewka celebrate a goal against the Rouyn-Noranda Huskies on Sunday night at the Enmax Centrum in Red Deer, Alta. JEFF MCINTOSH/THE CANADIAN PRESS

RECIPE Salmon Burgers



PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
For Metro Canada

These burgers made from fresh salmon get a zippy hit of flavor thanks to ginger and scallions.

Ready in

Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1 1/2 lb fresh salmon fillet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin, it will make it much easier to chop

up. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Resist the urge to use a food processor for this task or you will end up with salmon paste and that's not what we're after.

2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

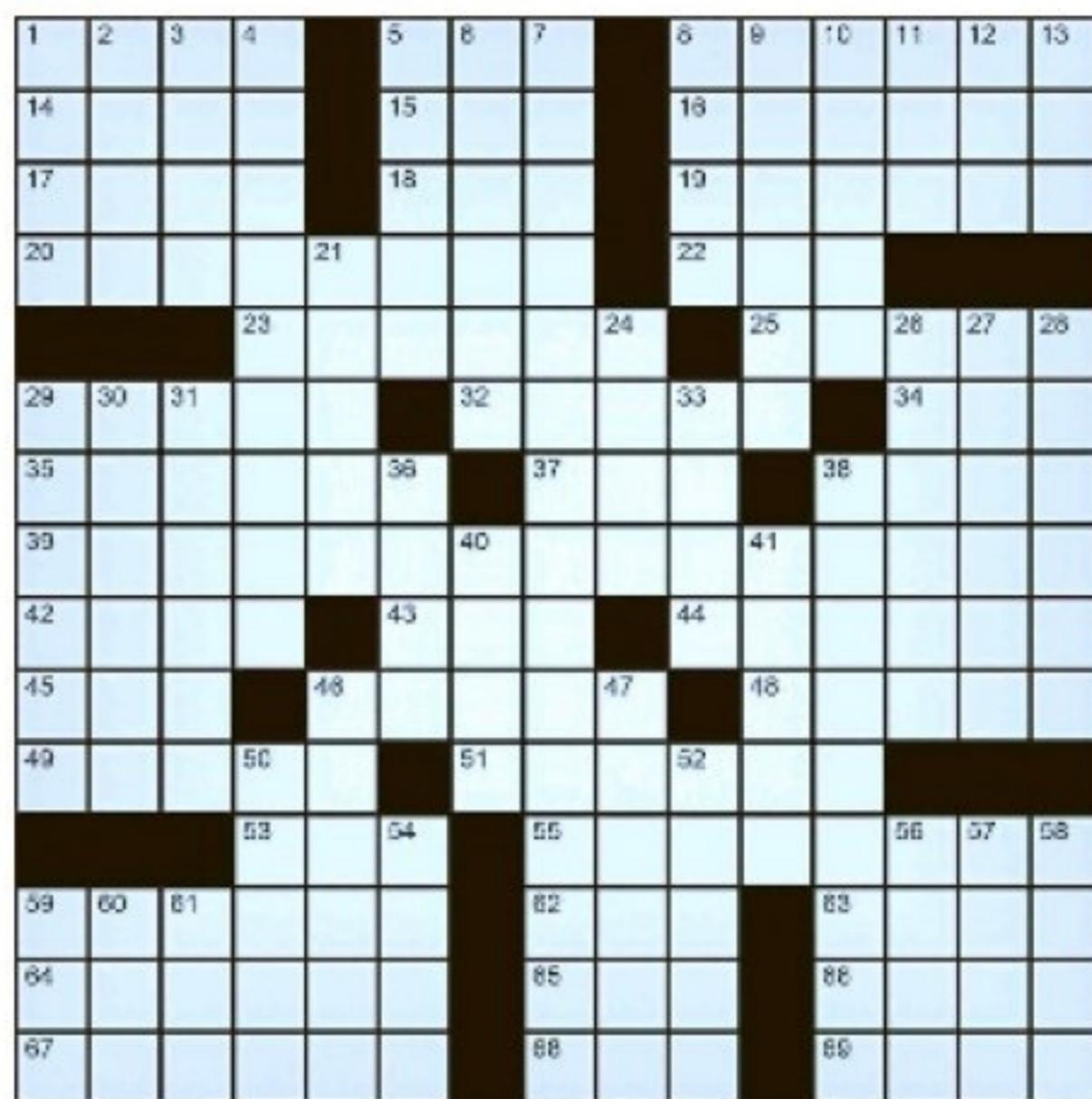
FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Just for Laughs" (Canuck fun TV show)
5. Beast of burden
8. First-rate, as an excellent job
14. Pronto, in an office
15. Charge
16. Ed's (Toronto bargain store attraction)
17. Stuff
18. pedestal
19. "SCTV" alum Ms. Martin
20. Soldier's garb
22. Stove brands, e.g.
23. Bell and Rogers, hip-style
25. Belonging to rock singer Meat
29. Sanctuary
32. Nervous
34. Cat's claws locale
35. Muse of astronomy in ancient Greek mythology
37. Oscar-winner Ms. Field, to pals
38. Finale, in music
39. Montreal-born author of 1971 novel St. Urbain's Horseman: 2 wds.
42. "Titanic" (1997) actress Suzy
43. "There no ' ' T-E-A-M."
44. Earlier match or round [abbr.]
45. Glasgow refusal
46. Beef up: 2 wds.
48. Desktop symbols
49. County in



England
51. Shriek scream!
53. Dermatology plumping site
55. Magnitude
59. Taste, States-style
62. Workshop tool
63. Chill
64. Filmdom

65. Marathoner
Ms. Pippig
66. 1970 war movie, when tripled!
67. Sophisticated
68. Coffee make ...the 'cafe' has been drunk
69. Sea eagles

DOWN
1. Sailing spar sort
2. World's biggest continent
3. Canadian composer Mr. MacDermot
4. Hairstyling woes: 2 wds.
5. Run _ of (Conflict)

6. Toronto college; or, Roman statesman
7. "We had joy...": 1974 hit song for Winnie-peg-born singer Terry Jacks: 4 wds.
8. 1970s carpeting choice
9. "Mr. " by Bobby Vinton

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Conversations with authority figures (bosses, parents and the police) might be heated today. Chill out. Part of the problem is that something unexpected will catch you off guard.

Taurus April 21 - May 21
Avoid controversial subjects today, because people are entrenched in their own point of view and will listen to no one else. Therefore, save your breath! Travel plans will change.

Gemini May 22 - June 21
Keep an eye on your bank account to know what's happening today, because something unexpected might occur. It could impact inheritances and shared property agreements.

Cancer June 22 - July 23
Because something is unexpected, this could throw you off your game when dealing with partners and close friends. Do your best to stay calm so that you can handle the unexpected.

Leo July 24 - Aug. 23
Today your work routine will be interrupted by computer crashes, power outages, canceled meetings and such. Give yourself extra time so you have wiggle room to deal with this.

Virgo Aug. 24 - Sept. 23
Parents should be extra vigilant today, because this is an accident-prone day for their kids. Romantic partners will also encounter speed bumps. Oops. Be patient.

Libra Sept. 24 - Oct. 23
You like to keep the peace with others for your own peace of mind. Therefore, avoid arguments with partners and close friends today. Be cool.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for you, so pay attention to everything you say and do. If you are mindful and aware, you will be fine.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money and cash flow today. Count your change. Double check your bills and invoices, because something unexpected will affect your wealth.

Capricorn Dec. 22 - Jan. 20
Today the Moon is in your sign, lined up with Pluto and at odds with Uranus. Guard against impulsive, impetuous behavior. Think before you act. Watch out for knee-jerk reactions.

Aquarius Jan. 21 - Feb. 19
Something hidden or behind the scenes will catch you off guard today. Patience and an unhurried pace will be your best approach.

Pisces
Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone who is a real character. This person likely will be bohemian or "out there" in some way — definitely unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		1	2		
6	5	7	2	1	
7					9
1		5	6	7	2
3		2	8	4	7
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	6	8			

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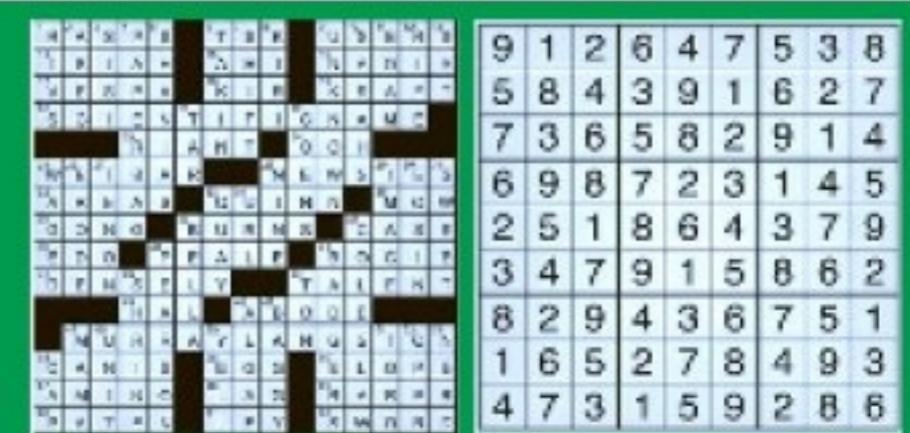
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Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

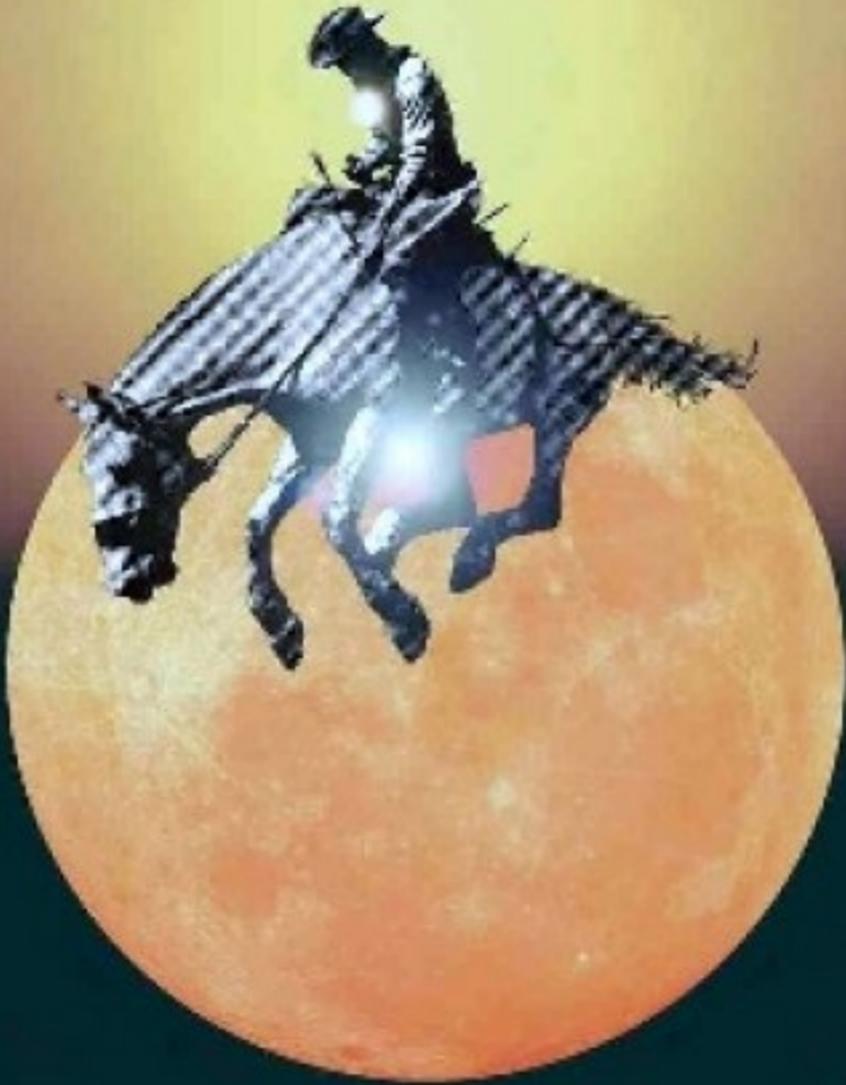
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August 12-14, 2016 • The Forks, Winnipeg



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Lee Fields & The Expressions • Skydiggers

Thao & the Get Down Stay Down • Fantastic Negrito

The Wet Secrets • Sam Outlaw • Henry Wagons • NQ Arbuckle

Del Barber • Joe Nolan • Henri Herbert • Begonia • Leonard Sumner

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Tickets & Details at interstellarrodeo.com

Note: line up and performance times subject to change



Winnipeg Free Press

